

School Dinner Menu- Spring Term

Week One

Commencing 3 January, 23 January, 20 February and 12 March

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet & Sour Chicken w/ Prawn Crackers Stir Fry Vegetables Long Grain Rice Sweetcorn * Apple Crumble & Custard * Selection of Fresh Salad Freshly Cut Bread Low Fat Yoghurt Selection of Fresh Fruit	Shepherds Pie Cheese & Onion Pasty Boiled Potatoes Broccoli * Lemon Drizzle Cake • Selection of Fresh Salad Freshly Cut Bread Low Fat Yoghurt Selection of Fresh Fruit	Roast Leg of Pork Savoury Vegetable Loaf Roast Potatoes Chantenay Carrots or Fresh Cabbage * Raspberry Ripple Ice Cream & Wafers • Selection of Fresh Salad Freshly Cut Bread Low Fat Yoghurt Selection of Fresh Fruit	Beef Goulash Vegetables in Black Bean Sauce Buttered Noodles Green Beans * Chocolate sponge & Chocolate Sauce • Selection of Fresh Salad Freshly Cut Bread Low Fat Yoghurt Selection of Fresh Fruit	Cod Fillet Fish Fingers Vegetable Pancakes Chipped Potatoes Baked Beans or Garden Peas * Shortbread • Selection of Fresh Salad Freshly Cut Bread Low Fat Yoghurt Selection of Fresh Fruit

Week Two

Commencing 9 January, 30 January, 27 February, and 19 March

Monday	Tuesday	Wednesday	Thursday	Friday
Pork Sausage Casserole Spanish Omelette Smiley Face Potatoes Mixed Vegetables * Flapjack w/ Orange Juice • Selection of Fresh Salad Freshly Cut Bread Low Fat Yoghurt Selection of Fresh Fruit	Italian Lasagne Creamy Tomato & Potato Bake Freshly Baked Garlic Bread Sweetcorn or Green Salad * Chocolate Cornflake Cake • Selection of Fresh Salad Freshly Cut Bread Low Fat Yoghurt Selection of Fresh Fruit	Roast Beef & Yorkshire Pudding Vegetable Burgers on Baps Roast Potatoes Green Beans or Roast Parsnips * Blackcurrant Jelly • Selection of Fresh Salad Freshly Cut Bread Low Fat Yoghurt Selection of Fresh Fruit	Chicken Pie Quorn Sausages in Onion Gravy Oven Baked Diced Potatoes Broccoli * Carrot Cake * Selection of Fresh Salad Freshly Cut Bread Low Fat Yoghurt Selection of Fresh Fruit	Cod in Batter Cheese Flan Chipped Potatoes Garden Peas * Syrup Sponge and Custard * Selection of Fresh Salad Freshly Cut Bread Low Fat Yoghurt Selection of Fresh Fruit

Week Three

Commencing 16 January, 6 February, 26 March

Monday	Tuesday	Wednesday	Thursday	Friday
Lamb Meatballs in Tomato Sauce Cheese & Onion Jacket Potatoes Pasta Spirals Mixed Vegetables or Salad * Chocolate Cookies • Selection of Fresh Salad Freshly Cut Bread Low Fat Yoghurt Selection of Fresh Fruit	Beef Steak Pie Vegetable Korma w/ Rice Creamed Potatoes Chantenay Carrots * Butterscotch Tart • Selection of Fresh Salad Freshly Cut Bread Low Fat Yoghurt Selection of Fresh Fruit	Roast Turkey w/ Sage & Onion Stuffing Roasted Vegetable Lasagne Roast Potatoes Broccoli or Roast Parsnips * Orange Jelly • Selection of Fresh Salad Freshly Cut Bread Low Fat Yoghurt Selection of Fresh Fruit	Cheese & Tomato Pizza Roasted Vegetable Lasagne Sweetcorn or Green Salad * Iced Ginger Sponge • Selection of Fresh Salad Freshly Cut Bread Low Fat Yoghurt Selection of Fresh Fruit	Chicken Nuggets (Vegetable Nuggets Available) Tuna & Sweetcorn Fish Cakes Chipped Potatoes Baked Beans or Garden Peas * Jam Tart & Custard • Selection of Fresh Salad Freshly Cut Bread Low Fat Yoghurt Selection of Fresh Fruit